

HEALTHY FOOD

Match

Bread, pasta, potatoes and rice

Oil, butter and nuts

Meat, fish, eggs and pulses

Fruit and vegetables

- Vitamins and minerals
- Proteins and minerals
- Carbohydrates
- Fats

Read and match the pictures with each information.



Making this food is very easy.
You need flour, water, salt and yeast for the dough. Mix these ingredients with your hands.
After one hour, the dough is ready.
You can add healthy toppings.
Put it in the oven and wait 15 minutes.



Avocado, olive oil and nuts are good fats.
You can eat them a few times every day.
A slice of bread with avocado and olive oil is a delicious breakfast.
Almonds are a healthy snack.



You must eat fruit and vegetables several times every day.
There are lots of options. No excuses!
You can buy reusable ice popsicles.
Mix the fruit with a mixer. Put the mixture in the popsicles. Put the popsicles in the freezer and wait 2 hours.

Write to complete the sentence:

You must drink a lot of _____
and do a lot of _____ to
keep _____.

